

INFANT FORMULA

Brand, type, and size specified on check/shopping list. No substitutions.



INFANT FOOD

FRUITS & VEGETABLES

4 oz. container or packs of two 4 oz. plastic tubs



Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple).

MEATS

2.5 oz. container

(Meat only, may include broth or gravy)



Available items:

- Turkey and Broth
- Chicken and Broth
- Beef and Broth
- Ham and Broth

Not included: Organic, pouches, mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles) meat sticks, added sugar, starch, salt, or DHA.

INFANT CEREAL

ANY GRAIN OR MULTIGRAIN

8 or 16 oz. container



Not included: Organic, canned, formula, fruit, or variety packs, DHA, quinoa.

MILK

FLUID MILK

Least expensive brand only in category stated on shopping list (e.g., least expensive whole milk if whole milk stated on shopping list)

- Whole or Vitamin D
- Reduced-fat (2%)
- Low-fat (1/2 or 1%) or fat-free (skim)

SPECIALTY MILK As listed on shopping list.

- Evaporated: 12 oz.
- Lactose-free: quart or 1/2 gallon*
- UHT
- Powder: 9.6 oz. or 25.6 oz.
- 8th Continent Soymilk Original only, 1/2 gallon
- Silk Soymilk Original only, 1/2 gallon

* Two one-quart cartons may be substituted for 1/2 gallon if 1/2 gallons are not available.

Not included: Organic, flavored, imitation, buttermilk, Milnot, Vitamite, or glass bottles.

YOGURT

1 Quart (32 oz.) only

Any flavor: fat free, low fat or whole fat.

Not included: Greek, organic, light or multi-packs, mix-in ingredients like granola, candy pieces, honey or nuts, more than 40 grams of sugar per 8 oz. serving.

CHEESE

U.S. MADE, PREPACKAGED

8 oz. or 16 oz. only

Choose regular, light, low-fat, or fat-free; block, sliced, shredded, cubed, string, stick, or crumbles.

Any of the following flavors or combinations of flavors:

- American - pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

Not included: Organic, cheese from deli area, cheese food, cheese product, substitute or spread, imitation or individually wrapped cheese slices, spiced, flavored, imported, or any size smaller than 8 oz.

FRUITS & VEGETABLES

NON-ORGANIC OR ORGANIC

Fruit and Vegetable Cash Value Benefits are redeemable up to the amount stated on the shopping list. If the purchase price exceeds the stated value, participant may pay the additional amount with another form of tender or choose to purchase a lesser quantity. No cash back or gift cards are allowed.

FROZEN

Any variety of frozen fruits without added sweetener.

Any variety of frozen vegetables including sweet potatoes and yams.

Not included: All other frozen potatoes and vegetable packages with added sweetener, oils or fats, herbs or spices; creams, sauces, or breading.

FRESH

- Whole or cut
- Plain bagged salad

Not included: Pickled vegetables, olives, herbs or spices, nuts, salad bar items, edible blossoms, ornamental or decorative pumpkins, or party trays with dip, dressing, or croutons.

EGGS

LARGE OR EXTRA LARGE WHITE EGGS
1 dozen

Least expensive brand.

Not included: Organic, brown, low cholesterol, Eggland's Best or other specialty eggs, or free range.

PEANUT BUTTER

REGULAR OR CRUNCHY

16 - 18 oz. jars

Not included: Organic, spread, mixed with jelly, marshmallow, honey, Smucker's Natural, Fifty 50, Jif Omega 3, Smart Balance, Krema, Better'n Peanut Butter, Health Valley, Reese's, or natural peanut butter.

JUICE

Size is specified on shopping list.

100% JUICE (FRUIT OR VEGETABLE) AND AT LEAST 120% VITAMIN C

SHELF STABLE OR REFRIGERATED

64 oz. only. Any container. **For children only.**

Apple Juice

Grapefruit Juice
White or Pink

Tomato Juice

Pineapple Juice

Juicy Juice 100% Juice Blends
Any Flavor

Grape Juice

Purple or White

Orange Juice

Vegetable Juice

Old Orchard 100% Juice Blends
Any Flavor

Not included: Organic, 59 oz. size, Welch's 64 oz. grape juice, Natalies OJ, gourmet/premium price juices, beverages, cocktail juices, fruit drinks, or juice drinks.

FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**

Juice concentrates must make 48 oz. or more when mixed per manufacturer's directions.



Apple Juice



Dole
Any Flavor



Grape Juice
Purple or White



Orange Juice



Grapefruit Juice
White or Pink



Welch's
Any flavor with
yellow tab



Old Orchard
Any flavor with
green tab

NON-FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**



Welch's
Any flavor

WHOLE GRAINS

BREAD

16 oz. only. Whole wheat or whole grain loaf.



Not included: Buns, rolls, bagels, or bakery items.

BROWN RICE

14 - 16 oz.

Any brand, plain, boxes or bags, instant, quick, or regular.

Not included: Organic.



WHOLE WHEAT PASTA

16 oz. only

Any brand, any shape whole wheat pasta.

Not included: Organic.



TORTILLAS

16 oz. only

- Best Choice**
 - Whole Wheat or Corn
- Chi-Chi's**
 - Whole Wheat or Corn
- Don Pancho**
 - Whole Wheat or Corn
- Essential Everyday**
 - Corn Tortillas 5 1/2"
 - Whole Wheat 8" Whole Grain
- Food Club**
 - Whole Wheat
- Great Value**
 - Whole Wheat
- Guerrero**
 - Whole Wheat or Corn
- IGA**
 - Whole Wheat
- Kroger**
 - Whole Wheat
- La Banderita**
 - Whole Wheat or Corn
- La Burrita**
 - Corn
- Meijer**
 - Whole Wheat 8"
- Mi Casa**
 - Whole Wheat
- Mission**
 - Whole Wheat or Corn
- Ortega**
 - Whole Wheat
- Schnucks**
 - Whole Wheat
- Shurfresh**
 - Corn/Maiz 6"
- Spartan**
 - Whole Wheat 8"
- Tio Santi**
 - Whole Wheat

CEREAL

18 oz. or 36 oz. only (11.8 oz. Instant Oatmeal allowed as an exception)

POST CEREAL



18 oz.



Whole Grain
Vanilla Bunches,
18 oz.



Whole Grain
Honey Crunch,
18 oz.



Whole Grain
Almond Crunch,
18 oz.



Honey Roasted
18 & 36 oz.



Almonds
18 & 36 oz.

QUAKER



Cinnamon
Bunches, 18 oz.



18 oz.



Original only
11.8 oz.



18 oz.



18 oz.



Whole Grain
18 & 36 oz.

GENERAL MILLS



Regular only
18 & 36 oz.



18 oz.



18 oz.



Whole Grain
18 oz.



18 oz.



Original Bite Size
18 & 36 oz.

B&G FOODS - KELLOGG'S



Original, no fruit
18 oz.



Regular only
18 & 36 oz.



18 oz.



18 oz.

MALT-O-MEAL



Honey
18 & 36 oz.



Strawberry Cream
18 & 36 oz.



Frosted
18 & 36 oz.



Blueberry
18 & 36 oz.



18 & 36 oz.



Original only
18 & 36 oz.

FISH

PACKED IN WATER, OIL, OR VEGETABLE BROTH

Cans only

- Chunk Light Tuna in 5 oz. or 12 oz.
- Pink Salmon in 5, 6, 7.5 or 14.75 oz.

Not included: Organic, Albacore or Yellow fin tuna, white, solid, fresh, frozen, foil pack, flavored, premium price brands such as Tonno Genova and Sustainable Seas, Red salmon, and sardines.

BEANS, PEAS & LENTILS

DRY

1 lb. bag (16 oz.)

- Any type

Not included: Organic, boxed, baked beans, wax beans, soups, added sugars, fats, oils, added seasoning, or meats.

CANNED

15 - 64 oz.

- Kidney (may have a small amount of sugar)
- Cannellini
- Garbanzo (Chick Peas)
- Great Northern
- Black-eyed Peas
- Fat Free Refried
- Black
- Pinto
- Lima (Butter Bean)
- Navy

Not included: Organic, boxed, baked beans, wax beans, soups, added sugars, fats, oils, added seasoning or meats.

QUESTIONS?

Just call your local Indiana WIC clinic or call **800-522-0874**.

This institution is an equal opportunity provider.



Indiana State
Department of Health